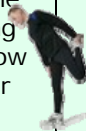





To A Healthier You!



March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Age 50 or over, or have a history of colorectal cancer in your family? Remember your colorectal cancer screening this month. www.cancer.org
2 March is "Save Your Vision Month". Look for ways to keep your eyes healthy. www.aoa.org	3 On a day when the sun is out, bundle up, go out and stay out for at least 20 minutes with your face exposed to sunlight. Remember sunscreen.	4 Flu activity in the United States generally peaks between late December and early March. Remain vigilant! www.cdc.gov/flu/about/qa/flu vaccine.htm	5 It's "National Nutrition Month"! Look for fruits & vegetables in season. Try something you have never tried before. www.eatright.org	6 Start getting ready for Spring activities. If you're not in the habit of stretching everyday, start now to limber up your joints. 	7 Look for activities associated with Women's History Month. www.infoplease.com/spot/womenshistory1.html	8 Live near the woods? Make your walk more exciting by looking for and identifying animal tracks after a recent snowfall.
9 If winter is bogging you down, look for a discount ticket to get away to a warmer climate for some days. www.cheaptickets.com	10 Find some "March" humor. www.holisticonline.com/Humor_Therapy/humor_therapy.htm 	11 Four Symptoms Not to Ignore: (Besides obvious ones like chest pain, abdominal pain, or unexplained bleeding.) - Unexplained weight loss - Persistent fever - Shortness of breath - Unexplained bowel habit changes	12 Four More Symptoms Not to Ignore: - Mental status changes - New, or more severe headaches - Short-term loss of vision, speaking or movement control - Seeing sudden flashes of light	13 Two More Symptom Not to Ignore: - Feeling full after eating very little - A hot, red or swollen joint www.mayoclinic.com/health/symptoms/GA00054	14 A double-contrast barium enema every 5 years or a colonoscopy every 10 years is recommended for adults age 50 & over. www.mayoclinic.com	15 Look for outdoor activities to help keep you going through the end of winter.
16 If your local park has a picnic shelter, consider having a winter picnic with hot, healthy soup in a thermos to help combat the chill.	17 Learn what the recommended health screenings are for your age. www.mayoclinic.com/health/health-screening/W000112	18 Want to start a garden this Spring? Find out when farmers will begin planting their sweet corn. Check an almanac for the last expected frost.	19 Allow yourself one hour to unwind before bed. www.webmd.com	20 Yeah Spring! Welcome Spring with a new, healthy habit.	21 If you find yourself just too busy, let go of one thing in your life that is not really crucial.	22 Listen for the sound of birds on your walk or jog. Check for any other early signs of Spring.
23 Asparagus is in season. Look for a healthy asparagus recipe. www.recipezaar.com/recipes/asparagus	24 Finish eating at least two to three hours before your regular bedtime. www.bettersleep.org	25 Do 8-10 strength training exercises on two different days at least one day apart. www.medicinenet.com	26 Those strength training exercises should result in "substantial fatigue". After 8-12 repetitions of each exercise. www.medicinenet.com	27 If the snow is gone, rake up leaves left-over from last Fall, along with Winter debris.	28 You can't count low-level daily activities - such as walking from the parking lot to the grocery store -- as exercise. www.medicinenet.com	29 Got a child or grandchild hankering to get out? Help 'em go fly a kite! 
30 Parsnips are in season. They provide fiber, potassium, folic acid, & vitamin C. 	31 Finish eating at least two to three hours before your regular bedtime. www.bettersleep.org	*For a Kale & Parsnips recipe go to: http://homecooking.about.com/library/archive/blv290.htm				